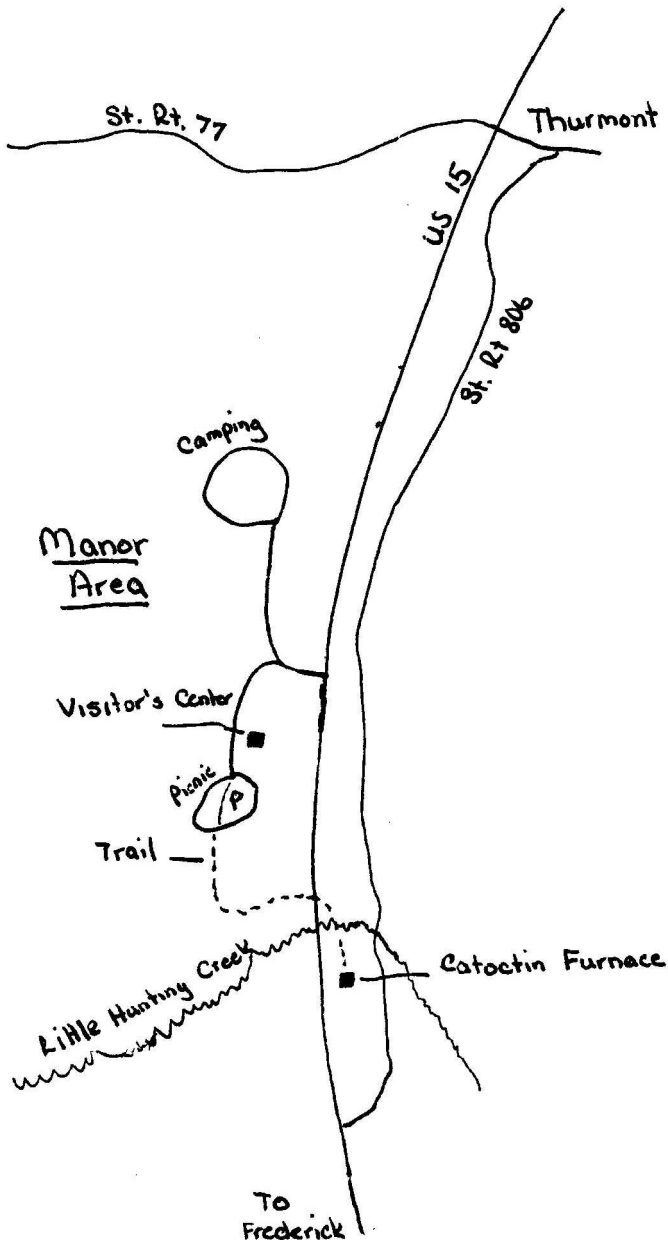


## Local Walking Trail

By Marylou Stone

### CUNNINGHAM FALLS STATE PARK - CATOCTIN FURNACE TRAIL



This trail leads to a piece of local history in Frederick County. It is a self guided trail that starts from the parking lot of the Manor Area picnic grounds in Cunningham Falls State Park. Round trip is only one-half mile, but by the time I had walked around the furnace, my pedometer showed that I had walked one mile.

The trail is rated easy by the park service. The only obstacle is the elevated foot path over US 15 which has 46 steps up the stairway.

Along the trail are signs which explain the workings of a charcoal iron furnace. Once at the furnace, take time to look it over. It is said that during the Revolutionary War, cannons and cannonballs were made at this furnace for George Washington's Army. Close to the furnace is the ruins of the iron master's house.

On the way back to the parking lot, take time to admire Bow Arch Bridge that crosses Little Hunting Creek. This bridge was moved here from Detour, Maryland. I am always watching for birds and spotted Carolina Wren, Cardinals, Blue Jays, and Tufted Titmice, Downy Woodpecker, and White Throated Sparrow.

There is a \$3.00 day use fee for using the Manor Area.